

## Mind in Croydon's Annual Barbecue

Mind in Croydon held its annual barbecue on Friday 12 July.

Once again we were blessed with fabulous weather and the joy of sitting in our lovely garden at the Hub in East Croydon. This small oasis had been given a makeover in time for the event and is one of the things which makes the Hub such a wonderful place for our clients. A highlight of the occasion was the presentation by the Mayor, Councillor Humayun Kabir, of dozens of certificates to thank our many and committed volunteers without whom we could not operate our services. We are endlessly grateful to all of them. Even if they couldn't be with us on the day, certificates were produced for them to have later.



John Pestell (Chair), Richard Pacitti (CEO), The Mayor of Croydon (Cllr, Humayun Kabir) and Sarah Jones MP

We were also delighted to welcome six Croydon Councillors, including the Deputy Mayor to the barbecue. This support and that of our local MPs is invaluable. Sarah Jones MP was kind enough to say how much she and colleagues appreciated the presence of our services in the borough. She said that councillors and MPs referred many people to the services of Mind in Croydon

and she didn't know what they would do without them. The barbecue which was a wholly positive event was supported by Pension Protection Fund who provided some delicious deserts as well as a rota of people to help. Our thanks goes to all who helped to make the occasion a resounding success.



The Chair, CEO, Mayor of Croydon, Deputy Mayor, Local Councillors and members from Pension Protection Fund who helped organise the event



## The Mayor's Charities for 2019-2020

We are delighted to have been chosen as one of the Mayor of Croydon's charities this year.

Along with Croydon Vision, Apasen International, Ashdon Jazz Academy and the Croydon Refugee Day Centre, Mind in Croydon is benefitting from this excellent initiative.

One of the many fun things we are doing during this special year is attending events to raise funds and awareness of the Mayor's Charity. One such event was the Croydon Mela which took place in Wandle

Park on Sunday 14 July. There isn't a fundraising event that doesn't go down better for having some food to give away to supporters.

Mayor Humayan Kabir was kind enough to start the day off well with the provision of some homemade samosas and Indian sweets. We gave these out to the many people who visited the stand we helped to staff along with the other chosen charities. Much tin rattling was done, new friends were made, and the music was excellent. The event truly celebrated our multi-cultural borough.

# Blue Light Project Supports Surrey Fire & Rescue Service

The Mind in Croydon Blue Light Project provided the Surrey Fire & Rescue Service with training to equip them with the skills, knowledge, techniques and understanding needed to be able to support their colleagues.

As a result of the training they have now setup a network of Wellbeing Champions which is made up of members of the service from differing areas/stations and locations who voluntarily undertake the role alongside their normal duties to help others when they need it.

“Since signing the Blue Light Time to Change programme pledge back in 2016, Surrey Fire and Rescue have continued to work towards tackling mental health stigma and raising awareness across all sectors of the service. An integral part of this has been achieved through working with our local Mind in Croydon Blue Light Team and having the provision of engaging and informative face to face training. This has included peer support, to help us launch our newly formed network of Wellbeing Champions, Mental Health Awareness for our managers to further enhance their understanding and ability to



support their staff, as well as input for our new recruits and drop-in sessions with the team of professional counsellors.

Everyone who has received input from the Mind in Croydon Team have benefited

enormously in their learning,

empowering them to have confidence in their skills and expertise to support not only themselves but their peers and colleagues, friends and family too. Thank you to all the team at Mind in Croydon – your support has been so gratefully received by our Service”

Tess Churchill, Wellbeing Co-ordinator  
Surrey Fire & Rescue Service

The Surrey Fire and Rescue Service have also put together a mental health awareness video supported by Crew Commander Joe Reynolds. Joe provides a detailed account of his own experiences of suffering with severe depression. This video has been used in the past to support the national World Suicide Awareness Day and can be viewed at <https://www.youtube.com/watch?v=9Bn2zbCErEQ>.

## Over 55's Group

The Over 55's Group relaunched on Tuesday 16th July and is based at Fairfield House.

The group meets every Tuesday between 11am and 2pm. This group is for people living in the borough of Croydon who are experiencing a mental health issue or those at risk of developing one due to social inclusion or other factors. Funding is provided via the Local Voluntary Partnership Fund.

The group has activities such as speakers to give talks on health issues, advice on benefits issues, managing money, staying well, personal safety and many social activities.



To find out more:

Contact the service on 020 8688 1210 or email [fairfield@mindincroydon.org.uk](mailto:fairfield@mindincroydon.org.uk)



# Friends in Need

Friends in Need members have been getting together for keep fit classes, cinema trips, pub quizzes, and a variety of outings including a very enjoyable visit to Chistlehurst Caves.



The monthly Friendship Group gives members dedicated time to talk about how their wellbeing has been in recent weeks. It is a popular session where many friendships have formed over the past year. Some members meet and support each other outside of the FIN activities.

The Rookery Walk near Chistlehurst Caves

Generous donations from supporters of FIN have enabled the continued use of facilities at St. Mildred's where we hold keep fit and sewing sessions. Other donations and member-raised funds allow us

to subsidise our annual summer trip – last year we went down to Hastings for the day. During the summer period some of the regular activities take a break and the members have the option to go on various day trips, sometimes linking up with clients from the Hub.



Trip to Hastings

# Carers' Week 2019

During Carers' week we treated some carers to a river cruise with afternoon tea.

We had a lovely trip on the Windows River Cruise which involved an afternoon tea. This event was kindly sponsored by Croydon Council and was supported by the Cruise company who gave us a generous discount.



Below is some of the feedback from the day.

**"The event was delightful, I really enjoyed the company with lovely food, music and lovely views. I felt I was being taken care of, I really appreciated the day a lovely memory to have and I went home feeling refreshed and energetic"**

**"The day was wonderful , so beneficial a real pick me up, healing even."**

**" To be able to have a day away from everything that I have not had to organise is fantastic. I met other people in the same position as me and made new friends that we can support each other in the future. A feeling of liberation"**

**" It was such a relaxing outing, very much appreciated and time out from caring commitments.**

**"Very beneficial and positive, very relaxing. It made you forget all your ailments and worries a very fruitful day"**



# Hub Art Exhibition and Smile Together Bid

In 2018 a bid was put forward to SLAM's 'Smile Together' campaign to win £750 for the Hub's Art Group.

The bid was successful much to our delight and so we were able to purchase a wide variety of new art group items for our members to enjoy, which included new paints, easels, and drawing equipment.

Our Hub Art Group is by far our most attended group at the Hub, frequently attracting 15-20 people in each session. So much so in fact that we frequently need to put out extra tables and squeeze more chairs around them to accommodate the demand!

People find the sessions therapeutic as they are intentionally peaceful, serene and promote mindfulness. Colouring & drawing helps our members be present and let go of anxieties, worries or agitation. Hub members are not taught art in our sessions, they are simply provided with the materials to express themselves in their own individual way.

So to thank SLAM for the funds we invited the Head of Grants for SLAM, Dr. David Blazey, to one of our July art groups so he may see some of the wonderful



Dr David Blazey with the Art Group

work our members had created using the purchased equipment.

During the session, David was able to talk to Hub members about their experience of the art group and hear first-hand how beneficial the sessions had been to their mental health and how helpful the extra funds are to keep the sessions flowing.

The wonderful pieces of art work on display include portraits, landscapes, still life

and abstract images, using paints, pens and pencils. Each picture had its own unique style, which made them extra special.

Feedback from the members included; "I never believed I could draw, but when I had a go, I realized I actually enjoy it" and "I like the quiet atmosphere in the art session. It helps me relax and concentrate".

The Art Group continues to flourish and so we are looking at beginning an 2nd Art group in September due to the high level of interest!

## Pension Protection Fund Charity Quiz Night

We are delighted that Mind in Croydon are now in our second year of being supported by our good friends from the Pension protection Fund.

Fund raising activities continue in abundance! On the evening of the 27th June, the PPF ran a summer quiz at their offices in Croydon. Participants paid £30 per table of 6 and consisted mainly of PPF employees plus a MiC team too! Teams brought their own food and drink and all monies contributed to the PPF annual fund raising target for MiC.

The atmosphere was competitive but jovial and great fun was had by all. Interesting that the Executives team (including our own Richard Pacitti) came top of the league board! A great evening of fund raising and fun, thanks to PPF.



Charity no: 1073880

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